# *stop blaming yourself ,you are perfect and unique*

### once i was trying to watch movie on line suddenly i open a documentary of you can heal your life .after watching that documentary i was forced to through read that book of LOUISE L. HAY .which helped me alot today i am  sharing some beautiful thoughts of that book.

**“Remember, you have been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”**

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**“I have never understood the importance of having children memorize battle dates. It seems like such a waste of mental energy. Instead, we could teach them important subjects such as How the Mind Works, How to Handle Finances, How to Invest Money for Financial Security, How to be a Parent, How to Create Good Relationships, and How to Create and Maintain Self-Esteem and Self-Worth. Can you imagine what a whole generation of adults would be like if they had been taught these subjects in school along with their regular curriculum?”**

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**“In the infinity of life where I am,  
All is perfect, whole and complete,  
I no longer choose to believe in old limitations and lack, I now choose to begin to see myself  
As the Universe sees me --- perfect, whole, and complete.”**

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**“Think thoughts that make you happy. Do things that make you feel good. Be with people who make you feel good. Eat things that make your body feel good. Go at a pace that makes you feel good.”**

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**every word of this book encourges you and make you feel good and perfect.**